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InMotion January 2014

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HAPPY NEW YEAR InMotion Readers!!!

MONTHLY SPOTLIGHT

Bicycle Pedestrian Advisory Committee Meeting - January 9th

Date: Thursday, January 9, 2014

Time: 5:30 to 7:30 p.m.

Location: Sloat Conference Room

Atrium Building, 99 W. 10th Ave, Eugene, OR 97401

(Enter from the back alley off 10th Ave)

Agenda

1. Open Meeting
2. Public Comment (10 min)
3. Approve December 12, 2013 Meeting Summary Notes (5 min)
Action Requested: Approve Meeting Notes
4. Chair and Vice-Chair Elections; Selection of Steering Committee (20 min)
Action Requested: Elect 2014 Officers; Select Four Members for

DATES!

**New Recreation Guide
contains 88 pages of fun
for Winter & Spring**

**Eugene Recreation
Offers Woman's Sports
Foundation's Go Girl Go**

AREA EVENTS

*For a full description
of each area event,
please visit our
calendar [HERE](#).*

**LiveMove Speaker
Series Save the Date -
January 23rd:**
Thursday January 23rd
5-6pm social hour
6-7pm presentation
Downtown LCC Room
112
Mychal Tetteh, CEO
Community Cycling
Center in Portland. The
Community Cycling
Center, founded in
1994, broadens access
to bicycling and its
benefits. Our vision is

Steering Committee

5. 2014 Projects Introduction (30 min)

Action Requested: Information Share and Questions

6. 2014 Work Program (45 min)

Action Requested: Presentation and Feedback

7. Information Share (10 min)

Action Requested: BPAC and staff Information share

8. Adjourn

Eugene Trails Plan - RUN. BIKE. HIKE. Kick off meeting

Tuesday, January 14, 2014 from 6:30-8 p.m.

Eugene Public Library, Bascom-Tykeson Room

The City of Eugene is embarking on a master plan for the soft-surface trail system in our community. Together, we will be grappling with some tough issues around compatible uses, system expansion and trail conditions. Come share your trail experiences with us and help shape these important decisions.

For more information call 541-682-4800.

To receive regular project updates,
register today at

www.eugene-or.gov/trails

Monroe Street Paving Meeting (Bicycle Boulevard) - January 23rd

A meeting to discuss the Monroe Street paving project from Blair Boulevard to 1st Street in 2014 is scheduled for **6:00 p.m. on Thursday, January 23rd at the Downtown Eugene Public Library (Bascom Tykeson Room)**. The purpose of the meeting will be to describe the project and discuss the possible addition of traffic calming and/or improved pedestrian crossings at 1st and 5th Avenues. If you have any questions please contact Reed Dunbar,

to build a vibrant community where people of all backgrounds use bicycles to stay healthy and connected.
<http://www.communitycyclingcenter.org/>

Eugene Park Stewards: Volunteer coordinators are always on the lookout to include folks who walk, bike or carpool in our community. This month EPS has volunteer events conveniently located for these alternate modes of transportation, and benefit city parks and open spaces too!

Saturday, January 11, - 50 volunteers will be planting 130 native trees along Amazon Creek to provide shade along our urban waterway,
-Hendricks Park Forest, volunteers will be pulling and cutting ivy

Transportation Planner, at 682-5727.

FEATURED NEWS

Eugene Transportation System Plan

A list of projects to be proposed in Eugene's updated Transportation System Plan will be available soon for public review and comment. The Transportation Community Resource Group will meet to review the list on **Tuesday February 11, 2014, 10:30 am - 1:00 pm, in the Eugene Library Bascom-Tykeson Rooms**. The meeting is open to the public. An agenda and materials will be provided before the meeting on the project website: www.EugeneTSP.org.

The Transportation System Plan and Envision Eugene will head towards adoption in 2014 and may be viewed as a complete package. Questions may be directed to Kurt Yeiter, Senior Transportation Planner, Eugene Public Works, (541) 682-8379, kurt.m.yeiter@ci.eugene.or.us

Willamette Street - FUTURE MEETING DATES!

The South Willamette Street Improvement City Council meeting date has since been rescheduled to allow time for completion of an economic study. As a reminder, the project website at <http://www.eugene-or.gov/SWillametteStreet> will always have the most current schedule.

Eugene Planning Commission Presentation (economic study only):
WHEN: Monday, March 3, 2014, 11:30 a.m. (tentative)
WHERE: Sloat Room, Atrium Building, 99 West 10th Avenue

Eugene City Council Presentation:
WHEN: Wednesday, March 12, 2014, noon (tentative)
WHERE: Harris Hall, Public Service Building, 125 East 8th Avenue

back from native trees to form life rings.

Community volunteers can serve their community during the 6th Annual MLK Service Day in Hendricks Park Forest on Monday, January 20.

Want to know more? View all our upcoming calendar of volunteer events from our [Volunteer webpage](#)

December Sustainability Report from the City of Eugene:
[Available Here](#)

Visit <http://www.eugene-or.gov/SWillametteStreet> for more information or contact Chris Henry at Chris.C.Henry@ci.eugene.or.us or 541-682-8472

New Recreation Guide contains 88 pages of fun for Winter & Spring

The City's new Recreation Guide has arrived with hundreds of fun, healthful, and entertaining things to do for all ages from January through May - including spring break camps!

The new Guide contains opportunities for all ages, including outdoor activities, family events, classes ranging from Archery to Zumba, health and wellness programs, life-long learning, swimming, regional trips, adult sports leagues, and social activities for every age and ability. Enroll your child now in one of the spring break camps for in kindergarteners through youth age 17.

Check out the [virtual Recreation Guide](#) or pick up a paper copy at any City Community Center, Pool, or Library, and many other public locations. Those with a free subscription will receive their Guide by mail. Online registration is now underway for most activities. For more information, call 541-682-5333.

Eugene Recreation Offers Woman's Sports Foundation's Go Girl Go

Recreation is now offering the Go Girl Go curriculum that encourages girls to be physically active and develop a positive body image. The Woman's Sports Foundation established the Go Girl Go curriculum in response to the Health Risks and the Teen Athlete study published in 2001 that showed most girls do not get enough activity. In this 12-week program, girls ages 12-14 will discuss a variety of health-related topics and will be encouraged to be more

active.

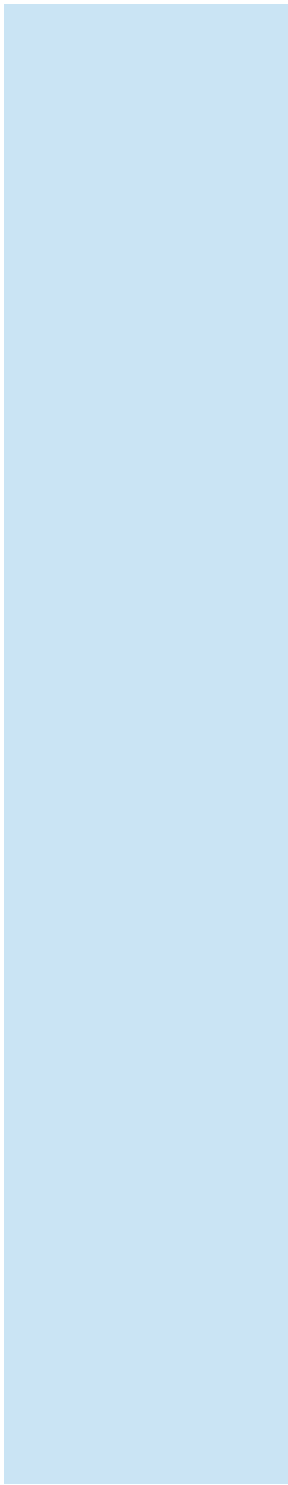
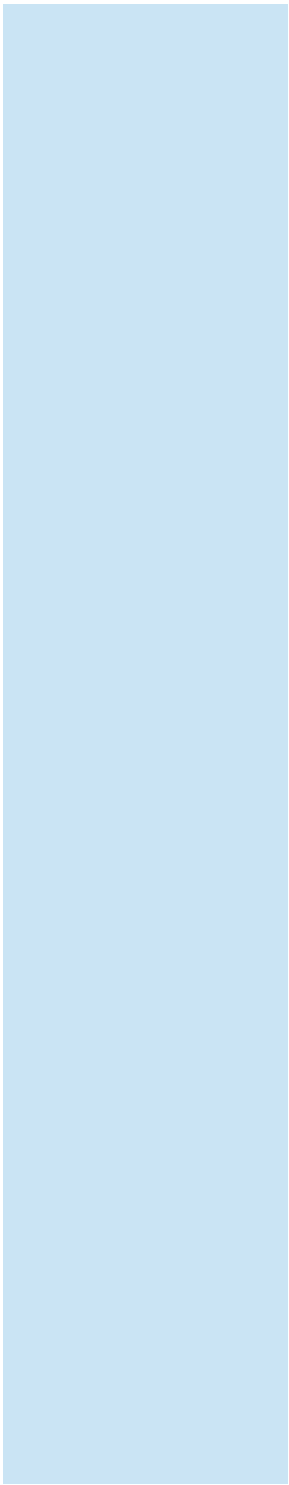
Each week, participants will discuss a different topic such as peer relationships and the emotional roller-coaster, the “skinny” struggle; beating bullies, and holding on at home. (See the full list of topics, below.) **The program will be held from 2:30-4 p.m. every Wednesday beginning Jan. 15 through April 2 at Sheldon Community Center, 2445 McKenzie Rd. Transportation is available from Cal Young and Monroe middle schools. The cost of the course is \$30.** For more information or to register, call 541-682-5312 or register online at: www.eugene-or.gov/receenroll.

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Among other findings, the Health Risks and the Teen Athlete study showed that one in three girls is sedentary, while the others get no more than thirty minutes of physical activity a week. And, the study provided solid evidence that sports participation is a fundamental solution to the health risks faced by teen girls.

Discussion and topics and reference experts are:

- * Cheryl Haworth, “Size Wise” (Body Image)
- * Caitlin Baker, “Fueling Up” (Nutrition)
- * Alexis Page, “Sidestepping Stress” (Stress Management)
- * Sanya Richards-Ross, “Emotion Commotion” (Dealing with Difficult Feelings)
- * Mary Riddell, “The Split” (Family Issues)
- * Mimi Smith, “’High’ School” (Smoking and Substance Abuse)
- * Jessica Mendoza, “Hookin’ Up” (Dating and Sex)
- * LaChina Robinson, “Accept n’ Respect” (Diversity)
- * Savannah Outen, “Breaking Free From Bullies” (Bullying)
- * Julie Chu, “Harassment” (Harassment)
- * Charlene Lerner, “Virtual Reality” (Digital Media Smarts)
- * Pam Fernandes, “Stand Up” (Pay It Forward)



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